

Instructions for Colonoscopy

2-Day SUPREP Prep — Please Read Carefully

REPORT TO

Spalding Triangle Surgery Center • 120 S Spalding Dr. #120, Beverly Hills, CA 90210

Date:

Arrival Time:

About Your Colonoscopy

A colonoscopy is an exam of your colon (large intestine), performed by a gastroenterologist (a GI specialist) using a colonoscope — a flexible tube with a camera at the end. The images appear on a video monitor in real time.

During your procedure, your gastroenterologist can:

- Perform a biopsy (take a small tissue sample from the colon)
- Remove polyps (growths of tissue in the colon)
- Take photos of the inside of your colon

You will be given sedation (medication through an IV) for the procedure, so you'll be relaxed and comfortable and won't be awake or feel anything during the exam.

Dr. Sikavi has prescribed an extended, 2-day bowel prep for you rather than the standard single-day prep — this gives your colon two full cleansing cycles instead of one, which meaningfully improves the chances of an adequate prep. This means **you will need two full SUPREP kits** (4 bottles total) — please confirm you have both before you begin. Please follow the instructions below carefully, and don't hesitate to contact our office with any questions.

7 Days Before Your Procedure

- **If you take a GLP-1 medication** (Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Victoza, or similar), stop it at least 7 days before your procedure. Contact our office if you have questions about adjusting your dosing schedule around your procedure.

5 Days Before Your Procedure

- **Stop NSAID medications** (ibuprofen, regular-strength aspirin, Aleve, Excedrin, Naprosyn, Celebrex, Motrin). Acetaminophen/Tylenol is fine to continue, and a “baby aspirin” (81 mg) is okay to continue as well.
- **Stop iron supplements.**
- **Blood thinners:** if you take an anticoagulant (Plavix, Coumadin, Eliquis, Xarelto, or similar), let us know so we can discuss whether it should be paused before the procedure.
- **Stop all nuts, seeds, and corn.**
- **If you take insulin or other diabetes medication**, please contact our office beforehand to discuss adjusting your dose — fasting and the bowel prep can affect your blood sugar.

Bowel Preparation Instructions — 2-Day Prep

Each “full set” below uses one entire SUPREP kit (both bottles), taken as two doses spaced a few hours apart on the same evening. You may eat a regular diet during the day, 2 days before your procedure — once you begin your first evening dose that night, switch to clear liquids only, and stay on a clear liquid diet all day the day before your procedure (water, clear broth, black coffee or tea, apple or white grape juice, clear soda, and plain gelatin or popsicles are all fine — see our supplementary clear liquid list for the full guide). **Avoid red and purple liquids** — these can be mistaken for blood during the exam.

2 Days Before Your Procedure

First Full Set of Prep

- **Regular diet during the day** — no need to restrict solid food until your evening dose begins.
- **Dose 1, around 5:00–6:00 PM:** pour the contents of one SUPREP bottle into the mixing container provided, fill to the 16 oz line, and drink the entire container **slowly**, over 30–60 minutes. Follow with an additional 2–3 containers of water (32–48 oz total) over the following 1–2 hours.
- **Dose 2, about 4–5 hours later (around 9:30–10:30 PM):** repeat the same process with the second bottle from this same kit — fill to the 16 oz line, drink slowly over 30–60 minutes, then follow with another 2–3 containers of water.
- **Switch to clear liquids only** once you begin Dose 1 this evening, and continue clear liquids for the rest of the night.
- **If you develop repeated vomiting and can't keep the prep down, or have severe abdominal pain,** stop drinking and call our office right away.

The Day Before Your Procedure

Second Full Set of Prep

- **Clear liquid diet all day** — no solid food. This is the same pattern as the day before, using your second SUPREP kit.
- **Dose 1, around 5:00–6:00 PM:** pour the contents of one SUPREP bottle (from your second kit) into the mixing container, fill to the 16 oz line, and drink slowly over 30–60 minutes, followed by 2–3 containers of water (32–48 oz total).
- **Dose 2, about 4–5 hours later (around 9:30–10:30 PM):** repeat with the second bottle from this kit, followed by another 2–3 containers of water.
- This completes your bowel prep — **no further prep solution is needed the morning of your procedure.**
- **If you develop repeated vomiting and can't keep the prep down, or have severe abdominal pain,** stop drinking and call our office right away.

Day of Your Procedure

- Do not eat any solid food. Sips of water are fine up until the cutoff below.
- **Stop drinking anything 3 hours before** your scheduled procedure time, to avoid delays or cancellation.
- Blood pressure and heart medications may be taken the morning of the procedure with small sips of water.
- Plan to arrive at Spalding Triangle Surgery Center 1 hour before your procedure.

After the Procedure

- You'll remain in the recovery area for about 30–45 minutes after the procedure.
- Dr. Sikavi will discuss the preliminary findings with you, along with any further instructions or recommendations.
- Any biopsies taken will be reviewed by a pathologist, with results relayed by Dr. Sikavi — please allow about 1 week.
- If you have any concerns or questions at all after the procedure, don't hesitate to contact our office.

Because you'll be receiving sedation, you must have an adult escort take you home afterward — someone capable of walking you to your front door; a taxi or rideshare driver alone does not meet this requirement. Please confirm your escort is arranged before arrival, as procedures may need to be canceled otherwise.

This form supports your personalized prep plan and isn't a substitute for individualized medical advice. Contact our office with any questions before your procedure.

Innovative GI • Cameron Sikavi, MD • 8631 W 3rd St, Suite 1015-E, Los Angeles, CA 90048 • (310) 652-4472 • Fax (310) 358-2266 • innovativegi.com